

Dietary Supplements: Keepin' It Real



“The name of products contained in this briefing does not imply AF or DOD endorsement”

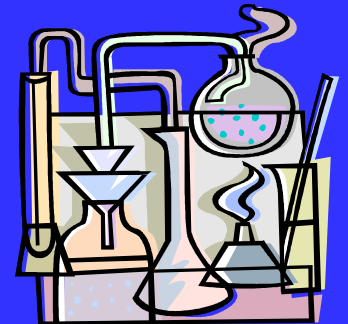
Welcome to the Laboratory

**Rigorous pre-market testing
is not required for
supplements.**



**How do you like being a
guinea pig for supplement
testing?**

***Be careful when taking
untested, unproven
supplements!***



CAUTION

Unsafe Supplements

**Ephedrine Alkaloid
containing products**

**Ephedrine, Caffeine,
and Aspirin (ECA)**



Get Ripped! Massive Muscles Made Easy!



- **Sounds great**
 - What you'll need
 - Good parents
 - Hours in the gym everyday
 - Access to a wide variety of "anabolic helpers"
- **No legal supplement will make you look like this!**

Lose 1 lb. Per Day!

Just Take This Magic Pill

- In only one year,
your weight will be
a negative number

- **Get Real!**
 - If it sounds too good to be true, it is
 - There are no magic pills or shortcuts

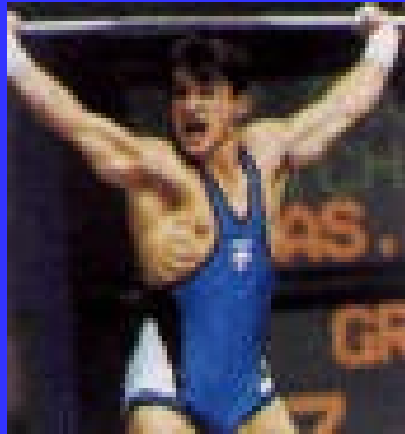


Super Powered Vitamins!

- **Good for
EVERYTHING!
Lose Fat!
Gain Muscle!
Cure baldness!
Stop aging!
Get better looking!**
- NOT!**



Faster Than a Speeding Bullet! Stronger Than a Redwood!



- We can turn you into a world-class athlete!
 - Bigger, Faster, Stronger!
 - Just take this pill



- If only it were that easy!



Bottom Line



**There are no short
cuts**

**No pill will make
you fit**

**Eat right and
exercise to improve
fitness**

**Consult a health
specialist**